

Simply Heaven

COPPERKNOB
BYEPOSTETS

拍數: 16 牆數: 4 級數: Beginner
編舞者: Jan Brookfield (UK) - May 2020
音樂: Heaven (feat. Iris Dement) - Jason Wilber : (CD: Reaction Time 162 BPM)



Note : Feel the lilt in the music, giving it a gentle bouncy feel. If you count the music in polka time it would be a 32 count dance, but I decided to keep the notation simple, hence the 16 counts.
Start the dance 14 seconds in, on the word "road" (I see a long fenced ROAD)

Section 1 : SIDE, CLOSE, SCISSOR STEP

1,2 Step R to right side, close L to R
3&4 Step R to right side, close L to R, step R across in front of L

Section 2 : SIDE, CROSS, ROCK, ¼ TURN, STEP

5,6 With body angled slightly to the left, step L to left side, step R across in front of L
7&8 Rock L to left side, recover weight onto R making quarter turn right, step L forward
(now facing 3 o'clock)

***** RESTART HERE ON 7th WALL, FACING 9 O'CLOCK**

Section 3 : HEEL STRUTS FORWARD x 2; FORWARD COASTER (ENDING WITH TOE STRUT BACK)

9&10& Strut forward on R (heel then toes), strut forward on L (heel then toes)
11&12& Step R forward, step L next to R, strut back on R (toes then heel)

Section 4 : TOE STRUTS BACK x 2, COASTER, STEP

13&14& Strut back on L (toes then heel), strut back on R (toes then heel)
15&16 Step L back, step R next to L, step L forward

KEEP IT GOING!